



January 2023

Bay County Department on Aging

## WONDERFUL TIMES...for all of us!

Department on Aging  
Offices, Home Delivered  
Meals, and Activity  
Centers will be closed  
for **Martin Luther  
King Jr. Day** on  
Monday, January 16th.



### WINTER OSTEOPOROSIS CLASSES

We are taking names for the Winter 2023 Osteoporosis Strength Exercise Class. This is a six-week exercise program concentrating on the bones and muscles that tend to deteriorate due to age, disease, and/or lack of use.

The First Class will be on Monday, January 23rd and the last class will be on Wednesday, March 1st.

#### Session Times are as follows:

Session A: 8:30-9:30am

Session B: 9:45-10:45am

Session C: 11:00am-12:00pm

Session D: 12:30-1:30pm

**Registration and Payment is due by  
January 13, 2023.**

You must come to the Department on Aging office to complete the registration form. Your payment reserves your spot. No refunds, no class carryovers.

#### IN THIS ISSUE

Department Corner .....	2
Events and more .....	3
Miscellaneous .....	4
Canteen .....	5
Kawkawlin.....	6
Williams .....	7
Riverside.....	8
Hampton .....	9
Menus .....	11/12

# WELCOME— Department Corner

Happy New Year Everyone! It is time to make those New Year Resolutions!

There are many resolutions we can make but one big one for Department on Aging, that helps out so many, is volunteering.

Volunteering can give you that warm fuzzy feeling knowing you are helping those in need. It can help build confidence; you can learn a new skill, meet new people and Volunteering can stave off depression.

Bay County Department on Aging is always looking for volunteers to assist with:

Friendly Shopping—assisting those 60 years and better with grocery shopping

Commodities—delivering monthly commodities to those home bound 60 years and better

Special Events—for example the Olympic Games

Day Trips—working with Eric on the out-of-town Day Trips (spring, summer and fall)  
We can always use volunteers at our Activity Centers too.

If you think that volunteering is something you would be interested in, please contact Patty Gomez, Eric Boks OR the Activity Center Site Coordinator of your choice and start on your way to a great New Year!

*Beth Eurich, Department on Aging Director*



Welcome to 2023! Many people are not excited about birthdays and getting older. One advantage of turning 55, 60, or 65 is "senior discounts". I know this is not the most desirable label for anybody, but you can really save a bit of cash by asking about senior discounts. There are also many Veteran and Active Military Discounts. Some examples here in Bay County include:

- Dow Bay Area Family YMCA has a senior advantage membership available to those low income, 65 year and better residents.
- If you are a resident of the Delta College district, 60 years of age or older, you may register for courses at 50% of the current tuition rate (excludes fees).
- National Park Passes are discounted for those residents 62 years and better and free for active military and veterans. Proof of age, military, or veteran status is required.
- Check with JOANN, Michael's, and Goodwill about senior citizen days.
- Home Depot and Lowe's both have Veteran's Discounts. Ask at retail stores, especially hardware and home improvement stores.
- Many restaurants, rental car agencies, and hotels also have discounts. Make sure to ask when you are going places!

*Jessica Somerlott, Senior Services Manager*

## Events and more...

Daylight Saving Time (DST) has been used for more than 100 years. The idea behind it is to conserve or save natural light, since spring, summer, and early fall days get dark later in the evening compared to late fall and winter days.

Adjusting the time by one hour may not seem like a drastic change, but experts have noticed an increase in heart problems, mood disorders, auto collisions, and sleep issues during the transition times.

Circadian rhythms, the 24-hour cycles that regulate sleep, appetite and mood are dependent on light exposure. DST transition times can essentially "delay" your sleep-wake cycle, making you tired in the morning and alert in the evening. The effects of DST however, gradually subside after a few weeks.

Some experts want to abandon the system altogether. They argue a permanent standard time is better for human circadian rhythms and carry benefits for public health and safety.

People in favor of DST argue that observing DST decreases energy consumption, reduces costs, and protects the environment. That may have been the case a century ago when DST was introduced, but the amount of energy saved from now is minimal due to all the computers, TV-screens, and air conditioning units that are running whether the sun is up or not.

You can help minimize the negative effects of DST on your body by trying some of the following suggestions.

Refrain from consuming alcohol or eating heavy dinners/snacks before bedtime.

Go to bed and wake up at the same time each day – including the weekends making sure you get at least seven hours of sleep each night.

Spend time outdoors. Exposure to sunlight can alleviate feelings of tiredness during the day that often accompany time changes.

Don't consume caffeine within six hours of bedtime.

Nap in moderation. Naps should not exceed 20 minutes in length otherwise you may wake up feeling groggy.

If you're still having trouble adjusting, gradually alter your bedtime rather than trying to switch all at once. Wake up 15-20 minutes earlier than usual for a few days. Once you've adjusted to that, wake up 15-20 minutes earlier and continue the pattern until you are waking up feeling alert and refreshed.

*Patty Gomez, Programming Services Manager*

### Lets talk lettuce!



As a customer of major labels, we at Bay County are beginning to feel the effects of, yet again, supply chain issues. This time with lettuce products.

This is what may or may not make it hard for the average consumer (like you and I) to purchase green leaf products for the next couple of weeks. The product is not unsafe, it just cannot grow.

This also is what goes into our menu changes periodically, so please be patient with our sites as this may happen.

Below are market/industry updates from Markon on Leaf Lettuces. In the article below they refer to INSV but doesn't tell you what it is an abbreviation for. It is short for Impatiens Necrotic Spot Virus. It has always been around, unfortunately, conditions were just right this year to make it much worse than normal.

The supply picture for iceberg, romaine, and green leaf continues to tighten. Markon's inspectors, led by John Galvez, have been out in the fields and below are some of their comments.

"It actually looks like the product is melting."

"As we drive by the same fields each day, you can actually see, from day to day, the plant losses from INSV."

"It is unbelievable to watch."

#### Current lettuce supplier outlook:

- The largest producer of iceberg lettuce in the world is operating at 50% of projection. The #2 and #3 largest are both down 40-50% of their projection.

The largest RSS salad processor has hit a wall—they will only fill Markon POs at 95% of average. They did recognize a gap in their iceberg program back in mid-summer and planted contingency acres in Guanajuato, Mexico, to cover the projected Salinas Valley shortage. Unfortunately, that acreage has not materialized due to inclement weather and disease pressure.

In essence, this means we all need to be mindful of our green products for what we hope is a short time while suppliers shift production, and know we will adjust accordingly to meet your nutritional needs!

*Zach Brunett, Nutrition Services Manager*



## Miscellaneous

### Virtual: Bay County Alzheimer's/Dementia Caregiver Support Group Meeting

**When:** Tuesday, January 17th, 2023 6:00pm-8:00 pm

**Where:** On your computer or your phone

-please log on 10 minutes early in case you have to upload or update the Zoom program on your device-  
(you will receive an email invitation to the meeting if you provided an email address)

**Facilitator:** Stacy McIntyre, MSW, LMSW

**Information:** 892-6644

OR go to Zoom and enter the following information:

Meeting ID: 937 4213 3053

Passcode: 547563

OR Dial-In: 1-888-788-0099 US Toll-free. Save this link for all future meetings until we meet in person again.

**DON'T  
PRESS  
YOUR  
LUCK  
WALK  
LIKE  
A DUCK**



### WHEN OUTDOORS WALK LIKE A DUCK

Winter is here with its cold temperatures, wind, ice, and snow.

Slow down, take small steps with your toes pointed outward, and evenly distribute your weight over each foot to prevent falls.

Stay Safe and Healthy.



TRAUMA SERVICES

Golden Horizons  
Adult Day Center  
1001 Marsac St.  
Bay City, MI 48708  
(corner of Broadway & Fremont)

**Now Accepting New Enrollments**  
This social program for older adults with memory loss allows for the person to participate in activities during the day and return to the comfort of their home at night. If you are having difficulty finding meaningful, stimulating activities for a family member, your family member is becoming socially isolated, or they require supervision while you are gone, Golden Horizons may be just what you need. There is no charge for the first two visits to try out the program.

\*Covid 19 precautions include daily health screenings, frequent hand washing, social distancing, daily sanitization of all supplies and environment. Staff and current participants are fully vaccinated. All visitors must be vaccinated or show proof of a current negative COVID test result. Hours: Monday thru Friday 10:00 a.m. to 4:00 p.m.

Breakfast, lunch, and snacks included in cost.

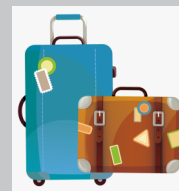
Cost: \$9.50 per hour.

Financial assistance may be available.

For more information or to schedule a visit call:  
(989) 892-6644.

### TEMPORARILY AWAY

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If you plan to be away or are moving, please call the main office at 989-895-4100.



Janie Good—Site Coordinator  
989-892-6605

## CANTEEN

Tue-Thur 9:30am-1:30pm

800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

**Tue.** Walking, Bingo, Crafting and Classes 10am

**Wed.** Walking, Crafting and Classes 10am

**Thur.** Shuffleboard 10am



### Book Club!

**Thursday, January 12th  
10:00am—12:00pm**

**Club will be limited to 10 people.**

**Call Janie to reserve your spot.**



### Blood Pressure Clinic!!

We will be at the  
Canteen

on

Tuesday, January 10th  
from  
11:30am to 12:30pm!



Join us January 19th at 11:00am

### Ukulele Music with Johnny Hunt

"Just for Kicks and Giggles"

Ukulele group named SUGAR, which is a clever acronym for  
Saginaw Ukulele Gurus and Rookies.

Please come join us and stay for a delicious lunch. RSVP by January 12th. Tickets are \$10 and includes lunch.

On  
Thursday, January 26th  
11:00am

Join us for

### Michigan Anniversary Trivia

Hosted by:

Janine Kravitz

RSVP by January 12th

## FIBER OPPORTUNITY

**January 3rd and 4th 10:00am**

Janie is looking forward to you joining her  
as she knits, crochets, and quilts. Gifts will  
all be donated.

**We will be meeting on  
Tuesdays and Thursdays.**



## Valentine Gnomes

Join us on

Wednesday, January 11th  
at 10:00am

To make a gnome for  
Valentine's Day!

Cost is \$10

Please RSVP  
by  
January 3rd.



Thank you all for joining me in 2022, for your participation and support at the Canteen. Participants, you are truly the best gift. Those of you who volunteer, thank you, I couldn't have done it without you. Thank you to the sponsors of activities at the Canteen; Rosie's Pies, Pauls Produce, O'Reilly's Auto, Bokhart Apple Orchard, Tummy Ache Candy Store, and my team members at Department on Aging. Happy New year! Let's make it a smile filled year. Yours Truly, Janie

January 2023

Jan Davenport - Site Coordinator  
989-245-0102

## KAWKAWLIN

1800 East Parish Road | Kawkawlin, MI 48631

Wed & Thur 9am-12:30pm

### Daily Puzzles, Board Games and Cards

Blood Pressure Clinic!!  
We will be in Kawkawlin  
on  
Wednesday, January 11th  
from  
11:00am to 12:00pm!



Wool	Wood Stove	Wintertime	Windy	Wind	Thermal
Storm	Snowstorm	Snowflake	Snowboard	Snow	Slippery
Sled	Ski	Scarf	Polar	Mittens	Melt
Jack Frost	Jacket	Icy	Ice Skates	Ice	Hot Chocolate
Heater	Heat	Frost	Frosty	Frostbite	Freezing Rain
Freezing	Fireplace	Fire	earmuffs	Comforter	cold
coat	Chill	Blizzard	Blanket	Black Ice	Bitter Cold
Below Zero	Arctic				



# January Word Search

K U P O N P M K V B L T A G M S F K M S E D U O  
M W A G P O G L A V L D A W P E F F K L C Z F N  
M I W T V L Q E R N Z J L W O S Z I Y Y A T S I  
M P Z S S A M V Z A Z V U O T N H M C V L J L A  
I R W A P R F Z U B K F I O C U S S M N P M I R  
E O O T S D J A P L E C I L A R C T I C E R P G  
A P Y U N N S M N M G R L T W Y E F S Y R O P N  
C K Y I S B O F J W R T W X O O I T A Z I T E I  
L H W Z B L K W F M L O P Y U R O I T H F S R Z  
D E B Y X I S N F U I B T E E H E D B I E U Y E  
R A S K Z Z K E I L M T L S M L U Z S D B A E E  
A T L K M Z J L T F A R T A W I L R W T D N T R  
O E E X O A H A B A D K A E C O T W F O O B G F  
B R D L V R Q C C F L L E E N K N R Q R L V R O  
W Z I J D D O Z U K R O O H H S I S E F O E E G  
O T T V D A H J E Y E O C C N R L C J T R S B M  
N O J E T Q I M T D F T S O T E K L E M N O T X  
S M F L K I S I S N R Q E T H H V O E Q A I S Y  
G K Q N L N Y C P I E K F C B C E L Y I C A W T  
S F V W K J A J L W E Z Y B J I T R E J J T L C  
I C K B C W G L R X Z C B Z G Q T O M K T N L Z  
E M A V G V Y S B E I O R U L E I E H A G G I Z  
T S O R F K C A J V N C O M F O R T E R L K H E  
E G B H F R I E C M G I C E S K A T E S U M C C

Rebekah Wieland- Site Coordinator  
989-245-0290

**WILLIAMS**

1080 West Midland Road | Auburn, MI 48611

Mon-Thurs 9am-1pm

**Tue.** Euchre 10am, Video Exercise \$.25 to participate 10am-11am

**Thur.** Euchre 10am, Video Exercise \$.25 to participate 10am-11am

### **Blood Pressure Clinic**

We will be here at Williams  
on  
Thursday, January 12th  
from  
11:30am-12:30pm!



## **Join us for January Birthday Celebrations!**

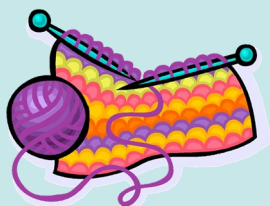
**Thursday, January 19th  
at  
11:00am**



## **Crochet Club is back!**

Classes will be held on  
**Tuesday, January 17th and January 31st  
at 10:30am**

Cost is \$5.00 per class, bring your own supplies, 6mm hook,  
and medium #4 worsted weight yarn.



**We will be making scarfs.**

**\*Note: This is a little more advanced class.**



On Thursday, January 26th at 10:30am  
We will be making Valentine's Day table runners.

Cost is \$9.00 and class size is limited.  
Please RSVP by January 19th.

**\*Also, we are looking for people to come and  
help sew.**



January 2023



Amanda Goulet /Brittney Garske-  
Site Coordinators  
989-893-7070

## RIVERSIDE

Mon-Fri 9am-2pm  
800 J.F. Kennedy Drive | Bay City, MI 48706

### Blood pressure clinic!!

We will be at Riverside  
On  
Monday, January 9th  
11:30am until 12:30pm.



**Mon.** Hand and Foot 12:30pm  
Smear 12:30pm

**Tues.** Knit/Crochet Group at 9:00–12pm (Craft Room)  
Bid Euchre 9:45am-12pm  
Cribbage 12:30-3:00pm

**Wed.** Euchre 9:45am—12:00pm  
Double Pinochle 12:30pm

**Thurs.** Dominoes 12:30pm

**Fri.** Line Dancing w/Marilyn 10:00am—\$3 fee  
Pinochle 12:30pm

### ACRYLIC PAINTING CLASS WITH STEVE WOOD

Sunset Over the Marsh  
Monday, January 9th

2 Classes available

9:30-12:30, 1:00-3:00 Cost is \$20.50. Please  
RSVP by January 6th.



### Painterly Pottery Party!

Thursday, January 26th  
10:00am-12:00pm

We will be painting Plates and Mugs  
Cost is \$15.00.

Please RSVP by January 19th.



Is it your birthday month?  
Come in the **last Friday** of the month for  
your birthday treat! (Dine in Only)



### Paint and Pour Tumblers with

**Great Lakes Crafting LLC**  
On Tuesday, January 17th  
At 10:00am

Join us to make a resin cup.



Cost is  
\$22.50  
and includes  
lunch.  
Please RSVP  
by  
January 10th.



Karen Publitz—Site Coordinator  
989-895-5968

**HAMPTON** Mon-Fri 10am-2pm  
801 West Center Rd. | Essexville, MI 48732

\* Low impact exercise proves to reduce pain and stiffness. This class includes gentle range motion exercise. It will help keep joints flexible and muscles stronger. Increase energy and improve your overall outlook.

**Blood Pressure Clinic!**  
We will be at Hampton on  
Friday, January 13th  
from 11:30am—12:30pm.



**Mon.** Low-Impact Exercise\* Class with Carol and  
Miscellaneous Card Games 11am

**Tue.** Indoor Walking and Coffee Hour 10am

**Wed.** Euchre—New Players Welcome 10am

**Thur.** Bingo \$.25 to play and \$.25 per card 10:30am

**Fri.** Indoor walking 10:00am



**Join us on  
Thursday, January 12th  
For Prize Bingo!  
There will be snacks  
and prizes!  
Sponsored by: Kate at  
Cardinal Hospice**



**Join us for  
Root Beer Float Day!  
Friday, January 20th  
Enjoy a refreshing Root  
Beer Float after lunch!**





**January Birthday Celebrations!!!  
Join us on Friday, January 27th at 12:30pm  
For special treats after lunch!**

January 2023

January 2023

# HOME DELIVERED MEALS and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>(2)</b>  Closed	<b>(3) BREADED POLLACK (16)</b> Ranch Mashed Potatoes (17) Kyoto Blend Veggies (9) Mandarin Oranges/Pineapple Chunks(20)	<b>(4) CHICKEN &amp; DUMPLINGS (23)</b> Mixed Vegetables (11) Peanut Butter Cookie (20)	<b>(5) CABBAGE ROLLS (17)</b> Parsley Potatoes (12) Orange (18)	<b>(6) FALL APPLE SALAD (38)</b> Orange (0)
<b>(9) BBQ CHICKEN BREAST (14)</b> Redskin Potatoes (23) Corn (21) 4ct Oreo (33)	<b>(10) BAKED TURKEY (3)</b> Mashed Potatoes (17) with Turkey Gravy (2) Kyoto Blend Vegetables (9) Chocolate Pudding (27)	<b>(11) GRILLED CHICKEN SANDWICH (29)</b> Cheesy Mashed Potatoes (16) Colorful Peas and Carrots (9) Banana (27)	<b>(12) HUNGARIAN PORK CHOP (6)</b> Buttered Noodles (13) Spinach (5) Fresh Clementine (9)	<b>(13) ROAST BEEF SLIDER (15)</b> Whole Wheat Bun (25) Creamy Coleslaw (15) Tropical Fruit Salad (21)
<b>(16)</b>  I HAVE A DREAM <b>MARTIN LUTHER KING JR. DAY</b>	<b>(17) BAKED PORK CHOPS(1)</b> Loaded Potatoes (16) Broccoli Florets (4) Apricots (15)	<b>(18) CHI CHI CHILI(22)</b> Saltine Crackers(5) Oven-Baked Potato (33) Wax Beans(5) Pineapple Chunks (18)	<b>(19) CHOP SUEY (13) OVER BROWN RICE (16)</b> King Charles Blend Vegetables (5) Gelatin Cup (5)	<b>(20) SCRAMBLED EGGS (3)</b> Sausage Links (1) Seasoned Cube Potatoes (20) Cinnamon Roll (10) Orange Juice Box (13)
<b>(23) MEATBALL STROGANOFF (18)</b> Buttered Noodles (13) Mixed Vegetables (11) Orange (0)	<b>(24) BEAN &amp; HAM SOUP (25)</b> Diced Carrots (7) Chocolate Chip Cookie (27) Low-Sodium V-8 Vegetable Juice (6)	<b>(25) SAUCY VEAL PARMESAN (23)</b> OVER SPAGHETTI (20) Green Beans (5) Pineapple Orange Delight(31)	<b>(26) GARLICKY CHICKEN (16)</b> Parsley Boiled Potatoes (12) Scandinavian Blend Vegetables (7) Diced Pears (0)	<b>(27) PEPPER STEAK (10)</b> Steamed Brown Rice (16) Broccoli Florets (4) Grape Juice Box (20)



## REMINDER for Home Delivered Meals clients:

- \*You must be home when meals are delivered.**
- \*When absence is unavoidable, please call the main office at 989-895-4100 to cancel meal delivery for that day.
- \*Suggested Donation for HDM: \$2.75 per meal.
- \*Menu is subject to change without notice.
- \*Please be advised, Menu items may contain Nuts!**

# Sandwich/Wraps

Available at the Activity Centers only

January 2023

## Sandwich/Wrap Choice for the week:

### WEEK OF 1/2 - 1/6 **CHICKEN CAESAR WRAP**

White Meat Chicken  
Romaine Lettuce  
Multigrain Cheese Garlic Croutons  
Caesar Dressing  
Multi-Grain Wrap

### WEEK OF 1/9 - 1/13 **ROAST BEEF SLIDER**

Pepper Jack Cheese  
Onions  
Horseradish Sauce  
Onion Bun

### WEEK OF 1/16 - 1/20 **TURKEY & HAM SUB**

Lettuce  
Tomato  
Cucumber  
Swiss Cheese  
Secret Sauce

### WEEK OF 1/23 - 1/27 **TURKEY CRANBERRY WRAP**

Turkey Breast  
Swiss Cheese  
Dried Cranberry  
Walnut halves  
Seedless Cucumber  
Dijon Mustard

### WEEK OF 1/30 - 2/3 **HAWAIIAN BBQ CHICKEN WRAP**

Chicken Breast  
BBQ Sauce  
Mozzarella Cheese  
Pineapple  
Red Onion

Menus are subject to  
change without notice

ALL LUNCHES  
SERVED AT 12 NOON.

Suggested Donation at  
Activity Centers: \$2.50 per  
meal

Reservations by noon one  
day in advance by calling  
the Activity Center of your  
choice.

For Monday reservations  
please call no later than  
1pm the Friday before.

Please be advised that  
Menu items may contain  
nuts!

All menus are certified by  
Region 7's Registered  
Dietitian.

## DONATIONS ACCEPTED

As you know, there is no  
annual subscription fee to  
receive this Wonderful  
Times Newsletter; however,  
we would be happy to ac-  
cept any donation  
(whatever you can afford)  
to help defray the  
cost of postage.



As we enter the cold weather months, we remind readers that Department on Aging will sometimes close Activity Centers and Home Delivered Meals routes due to inclement weather and road conditions. The following TV stations are notified of our closing announcements:

**WJRT-TV 12**

**WNEM-TV 5**

**WEYI-TV 25**

The following radio station is also notified of our closing announcements:  
**AM radio WSGW 790**

Please tune in to one of these stations and watch or listen for our announcements. Normally, the business office remains open.

January 2023



BAY COUNTY DEPARTMENT ON AGING  
SECOND FLOOR, BAY COUNTY BUILDING  
515 CENTER AVENUE, SUITE 202  
BAY CITY, MI 48708-5123

PRESORT STD  
US POSTAGE  
PAID  
BAY CITY, MI  
PERMIT NO. 184

Return Service Requested

## WONDERFUL TIMES

### MISSION STATEMENT

Bay County Department on Aging is dedicated to providing continued opportunities for the 60+ population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

USPS 184  
WONDERFUL TIMES is  
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989-895-4100  
Toll-Free 1-877-229-9960  
Like us on Facebook  
[divonaging@baycounty.net](mailto:divonaging@baycounty.net)  
[www.baycounty-mi.gov/Aging/](http://www.baycounty-mi.gov/Aging/)  
**Donations Accepted**

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County Executive

Department on Aging – Publisher  
Beth Eurich – Director/Editor  
Brittany Hawes – Distribution  
Jonelle Box – Layout  
Liturgical Publications, Inc. - Printer



The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at [www.baycounty-mi.gov](http://www.baycounty-mi.gov).